

a healthier new year

As you consider your New Year's Resolutions, think about how you can take better care of yourself this year. We all have room to improve our diet, fitness, relaxation, and time spent with those we love.

In this issue of *News & Notes*, let's take a look at exercise. Here are some tips on making those resolutions and making them stick.

Why Exercise?

It may seem like a silly question, but it's one you should answer for yourself. What are your goals? You may want to get active for stress management, weight loss, a healthy heart, or better sleep. It is important to define your goals and mark your progress. Write it down. Refer to your written goals and achievements to encourage yourself when you're not feeling quite so motivated.

Start Slowly

Don't over do it! It is a common pitfall to begin an exercise program with so much gusto that you end up sore and achy (or worse – really hurt!), then quit exercising. If it's been years since you've exercised, what's

your hurry? Take your time, go easy on yourself, and it's much less likely that you'll get discouraged and stop exercising.

Recommended Personal Trainers

Andrew Phelka
734-417-1140

Meg Paris
@ A2 Bally's 734-769-6600
Meg is also a Registered Dietician
and can help you improve
your nutrition too!

Get Help

First, if you have any question about your health status, please visit your doctor and get medical clearance to exercise. If you have specific goals that you don't know how to reach, consult a personal trainer who can develop a program to meet your unique needs. (See inset for referrals to two personal trainers in the area.) You could also take a supervised class at your local fitness center.

The Best Exercise

You may have heard that swimming is the best all-around exercise to get fit. Actually, the best exercise for you is *the one*

that you'll actually do. If you like walking, walk. If you want to take an aerobics class, do it. Try lots of different things and find something that you really enjoy doing!

Schedule It

Make a commitment to yourself to exercise. It is a crucial part of getting healthy and staying healthy. Schedule it in your planner and follow through (even when, especially when, you don't *feel* like it.)

Anytime, Anywhere

Every little bit counts. It really does. Take the stairs instead of the elevator. Park in the back of the parking lot. Stop typing for a minute and *stretch*. Go for a ten

(Continued on page 2)



(Continued from page 1)

minute walk after lunch. It makes a difference!

Get Your Friends In On It

If you find it difficult to stay motivated exercising alone, recruit a few friends to exercise with. Making the commitment to each other will help all of you stick with your programs. It will also make exercise more fun.

Best wishes for good health in 2006!

RACHEL OUILLETTE CLINICAL BODYWORK
2350 WASHTENAW AVENUE, SUITE 22
ANN ARBOR, MICHIGAN 48104

(734) 649-3060

WWW.CLINICALBODYWORK.COM

NEWS & NOTES

What a great way to start the new year!

50% off
one massage in January

Offer valid only in January and only for a 60 or 90 minute session.
May not be combined with any other coupon or discount.
Only one half-priced session per person.